




Check & Connect: Ngā mahi o te oranga*

The table below can be used to gain understandings about a student's interests, activities, and cultural background and as the basis for ongoing conversations between a mentor and the student. Some of the listed activities are particular to ākonga Māori – these can be adapted for students from other cultural backgrounds.

Ngā mahi o te oranga

For each activity, tick one of the boxes to show how much you like doing it (or would like to do it).




HONONGA RELATIONAL & SOCIAL			
	 Yeah / ae	 Yeah-nah / pea	 Nah / kāo
Being with friends			
Helping someone you like			
Going to the marae			
Going to church			
Going to the movies with others			
Going to the mall with others			
Inviting a friend (or friends) around to hang out			
Joining a club (e.g., a sports or cultural club)			
Going to or doing kapa haka			
Doing mau rākau / taiaha			
Going fishing or hunting with others			
Making something for someone you like			
Cooking something for someone you like			
Playing cards or board games with others			
Playing video or computer games with others			
Playing outside with friends			
Visiting whānau			
Working in the garden or doing chores outside			
Having a barbecue or a picnic			
Playing music or singing with others			
Going camping with whānau or friends			
What are your favourite activities when you're with:			
• a person who's an important model for you			
• someone you are trying to develop or strengthen a relationship with			
• your peers			
• your sibling(s)			
• a group of people			
• just one other person			

* Macfarlane, S. [Unpublished]




HINENGARO | PSYCHOLOGICAL & COGNITIVE

	 Yeah / ae	 Yeah-nah / pea	 Nah / kâo
Doing a crossword puzzle, sudoku, word find etc.			
Going to school			
Doing homework			
Reading a book			
Listening to music			
Learning or practising another language			
Learning about and doing raranga			
Learning about your iwi			
Learning your pepeha			
Learning about Māori pūrākau			
Talking with kuia and koroua			
Learning whakairo rākau / iwi – wood / bone carving			
Collecting things (e.g., toys, cards)			
Doing arts or crafts			
Learning mōteatea			
Playing games like hipitoitoi, hei tama tū tama			
Doing or practising poi			

TINANA | PHYSICAL & RECREATIONAL

	 Yeah / ae	 Yeah-nah / pea	 Nah / kâo
Going for a walk, jog, or run			
Going to or doing kapa haka			
Resting, relaxing, sleeping			
Taking the dog for a walk			
Going to the gym			
Playing sports with others			
Swimming			
Surfing			
Skateboarding			
Riding your bike			
Hiking, bush-walking, exploring			
Horse riding			
Tidying up or cleaning at the marae or urupā			
Doing mau rākau / taiaha			
Going fishing or hunting with others			
Mahi harakeke			
Gardening			
Gathering kai or kaimoana			
Going fishing or eeling			
Doing whakairo rākau / iwi – wood / bone carving			
Fixing or working on a car, truck, or bike			
What moving-around activities do you like to do when:			
• you're outside			
• you're inside			
• it's raining			
• it's hot and sunny			
• you're in or near water			
• you're in the bush			
• you're with your whānau			
• you're with your siblings			
• you're with friends			

MAURI | RELATING TO SELF-CONCEPT & POTENTIAL

	 Yeah / ae	 Yeah-nah / pea	 Nah / kâo
Doing arts or crafts			
Going to church			
Going to the marae			
Going to your maunga, roto, awa, or moana			
Relaxing in a spa, sauna, hot pool, or bath			
Going for a walk in the ngahere			
Having a mirimiri			
Playing a musical instrument			
Listening to music			
Singing or songwriting			
Writing poems or stories			
Learning about and doing raranga			
Learning about your own iwi history and stories			
Learning about your whakapapa and pepeha			
Learning about our Māori pūrākau			
Talking with kuia and koroua			
Karakia, whakamoemiti, or inoi			
Meditation, mindfulness, tai chi, or yoga			
Reading			
Doing whakairo rākau / iwi – wood / bone carving			
Gathering kai or kaimoana			
What things have you done that you're proud of?			